## CALM YOUR MIND AND SLEEP

getitng enough sleep each nght wll Improve your menal healih and WELlBeIng By making you feel resied and ready for the day!
(2. WHAT DO YOU DO BEFORE BED TO PREPARE FOR SLEEP?

# DID YOU KNOW YOU SHOULD AIM TO GET 9 TO IZ HOURS OF SLEEP A NIGHT! 

HOW CAN YOU MAKE SURE YOU HAVE A GOOD SLEEP?

